

UNDERSTANDING OURSELVES

Reading: Franzoi, Chapter 3

Terms you should know

Self .....  
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Self Concept .....  
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Self Awareness .....  
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Private Self-Awareness .....  
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Public Self-Awareness .....  
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Self Consciousness .....  
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Self-Regulation .....  
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Self Discrepancy .....  
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Self-schema .....  
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Identity .....  
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Gender Identity

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Gender Schema

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Ethnic Identity

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Independent Self

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Interdependent Self

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Self-Enhancement

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Self-Verification

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Self-Reference Effect

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Social Comparison

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Downward Social Comparison

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Upward Social Comparison

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In Group

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Out Group .....  
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Self Esteem .....  
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Self-efficacy .....  
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**Concepts you Should Master.**

1. According to what you have learned about social psychology so far, what impact do other people have in the development of our understanding of ourselves?
  
2. What are the consequences of Private and Public Self-Awareness?
  
3. What is meant by the term *Identity*? How is it developed?
  
4. What is the difference between Self Esteem and Self Efficacy?
  
5. How might the following influence our perceptions of ourselves?
  - a. Downward social comparison.
  
  - b. Upward social comparison.
  
  - c. The groups to which we belong
  
  - d. Other groups to which we do not belong.